

Resources

Government Agencies:

National Institute on Drug Abuse (NIDA)

6001 Executive Boulevard
Room 5213, MSC-9561
Bethesda, MD 20892-9561
Phone: 301-443-1124
www.drugabuse.gov

Indian Health Service

Office of the Director
5600 Fishers Lane, Room 6-05
Rockville, MD 20857
Phone: 301-443-3593
www.ihs.gov

Office of the Assistant Secretary— Indian Affairs

Office of Alcohol and Substance
Abuse Prevention
MS-2554
1849 C Street, N.W.
Washington, DC 20240
Phone: 202-219-0844
www.doi.gov/bia/as-ia.htm

National Clearinghouse for Alcohol and Drug Information

P.O. Box 2345
Rockville, MD 20852
Phone: 1-800-729-6686
TDD: 1-800-487-4889
www.health.org

Center for Substance Abuse Prevention

5600 Fishers Lane, Rockwall II
Rockville, MD 20857
Phone: 301-443-0373
www.samhsa.gov/csap/index.htm

Center for Substance Abuse Treatment

5600 Fishers Lane, Rockwall II
Suite 618
Rockville, MD 20857
Phone: 301-443-5052
www.samhsa.gov/csat/csat.htm

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National Drug and Alcohol Treatment Routing Service

Phone: 1-800-662-HELP (4357)
Español: 1-800-662-9832
TDD: 1-800-228-0427
www.samhsa.gov/ufds/welcome_m.htm

National Institute on Alcohol Abuse and Alcoholism

6000 Executive Boulevard,
Willco Building
Bethesda, MD 20892-7003
Phone: 301-443-3860
www.niaaa.nih.gov

Native American Organizations:

The American Indian Higher Education Consortium (AIHEC)

121 Oronoco Street
Alexandria, VA 22314
Phone: 703-838-0400
www.aihec.org

United National Indian Tribal Youth, Inc. (UNITY)

P.O. Box 800
Oklahoma City, OK 73101
Phone: 405-236-2800
www.unityinc.org

White Bison, Inc.

6145 Lehman Drive, Suite 200
Colorado Springs, CO 80918
Phone: 719-548-1000
www.whitebison.org

Urban Indian Centers:

American Indian Center of Chicago

Phone: 773-275-5871

American Indian Center of South Carolina

Phone: 803-790-8214

American Indian Clubhouse of Los Angeles

Phone: 213-202-3976

American Indian Community House (New York City)

Phone: 212-598-0100

American Indian Education Center (Cleveland)

Phone: 216-341-0000

American Indian Prevention Coalition

Phone: 602-532-7202

American Indian Services (Sioux Falls)

Phone: 800-658-4797

AIM Support Group of Ohio and Northern Kentucky

Phone: 859-586-7210

Council of Three Rivers American Indian Center (Pittsburgh)

Phone: 412-782-4457

The Denver Indian Center

Phone: 303-936-2688

Fort Erie Native Friendship Center (Buffalo, New York, area)

Phone: 905-871-8931

Mid-American All-Indian Center (Wichita)

Phone: 316-262-5221

San Diego American Indian Health Center

Phone: 619-234-2158

Southern California Indian Outreach Center

Phone: 818-994-6744

Tlingit & Haida Central Council

Phone: 907-586-1432

Acknowledgments

NIDA thanks the following for their time, knowledge, and wisdom in helping to prepare and distribute this calendar:

Tribal Members and Organizations of the Native American Researchers and Scholars Work Group, NIDA/NIH

Tribal Members and Organizations of the Native American Prevention Research Work Group, NIDA/NIH

Tribal Staff of the Office of the Assistant Secretary - Indian Affairs Department of the Interior

Tribal Staff of the Indian Health Service U.S. Department of Health and Human Services

Tribal Staff of AIHEC

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Cover photo: Ken Blackbird, Assiniboine Salish Kootenai girl, Mission Valley, Montana

Text-in-Part: Karen Lincoln Michel, Ho-Chunk

Feel free to reprint this publication in any quantity.

U.S. Department of Health and Human Services
NIH Publication 01-4996

Please e-mail comments to:
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Printed September 2001

NIDA NATIONAL INSTITUTE
ON DRUG ABUSE
NATIONAL INSTITUTES OF HEALTH

Walking a Good Path
2002 Calendar

Introduction

For many Native people of the Americas, life is a journey. From the first breath to the last, life takes a winding course. Many Native ancestors believed that walking a good path was a measure of character, and an honorable way to live. Today, many forces lure people away from this. Drug abuse and addiction are such forces, and have brought unnatural and harmful elements into the lives of Native people, their families, and communities.

This calendar sends the message that now is the time for Native communities to walk away from paths that damage Native culture and walk a good path together. We start with sharing information about drug addiction and how to prevent it. Knowing the harmful effects of the drugs most frequently abused is one of the first steps to understanding the high risks involved with taking drugs.

Throughout this calendar, the message conveyed is one of hope. Drug addiction can be treated. People can heal. And, through preventive measures, drug abuse can be stopped before it starts.

The message of hope underlies the images represented each month, in examples of Native people, young and old, who excel by living healthy and productive lives. As in our 2001 Walking a Good Path Calendar, twelve images of such people, along with quotes from American Indian youth who have chosen to walk without drugs, are reflected in this 2002 Walking a Good Path Calendar.



Flute song. Photographer: ©Jeffrey J. Foxx

Hold on to Joy

To some people, happiness does not come easily, so they may actually "medicate" themselves by taking illegal drugs, nicotine, inhalants, or alcohol. Others may use drugs to fit in, take a risk, or try something new. Also, some people might misuse or abuse medications prescribed by a physician. Most drugs give most users a sense of feeling good, usually by artificially overstimulating the parts of the brain that control pleasure. But repeated voluntary drug taking, or drug "abuse," can switch without warning into involuntary drug taking, or drug "addiction." Drug addiction is a brain disease. It can turn people who use drugs when they want to into people who crave drugs constantly. A person becomes compulsively driven to use drugs just to feel normal, because the drugs have altered brain function. Most people need treatment to stop the spiraling cycle of addiction.

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December 2001

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January

"As a two-spirited person, being true and honest with myself, others, and the Creator keeps me walking the good path."

—Carl Pelcher, Saginaw Chippewa Indian Tribe

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 New Year's Day Kwanza Ends	2	3	4	5
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20	21 Martin Luther King, Jr. Day	22	23	24	25	26
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Absentee-Shawnee Tribe of Indians of Oklahoma Agua Caliente Band of Cahuilla Indians of the Agua Caliente Indian Reservation Ak Chin Indian Community of the Maricopa (Ak Chin) Indian Reservation Alabama-Coushatta Tribes of Texas Alabama-Quassarte Tribal Town Alturas Indian Rancheria Apache Tribe of Oklahoma Arapahoe Tribe of the Wind River Reservation Aroostook Band of Micmac Indians of Maine Assiniboine and Sioux Tribes of the Fort Peck Indian Reservation Augustine Band of Cahuilla Mission Indians of the Augustine Reservation Bad River Band of the Lake Superior Tribe of Chippewa Indians of the Bad River Reservation Bay Mills Indian Community of the Sault Ste. Marie Band of Chippewa Indians, Bay Mills Reservation Bear River Band of the Rohnerville Rancheria Berry Creek Rancheria of Maidu Indians of California Big Lagoon Rancheria Big Pine Band of Owens Valley Paiute Shoshone Indians of the Big Pine Reservation Big Sandy Rancheria of Mono Indians of California Big Valley Band of Pomo Indians of the Big Valley Rancheria Blackfoot Tribe of the Blackfoot Indian Reservation of Montana Blue Lake Rancheria Bridgeport Paiute Indian Colony of California Buena Vista Rancheria of Me-Wuk Indians of California Burns Paiute Tribe of the Burns Paiute Indian Colony of Oregon Cabazon Band of Cahuilla Mission Indians of the Cabazon Reservation Cachil DeHe Band of Wintun Indians of the Colusa Indian





Tipi in winter.

Safe Shelter

At the heart of preventing drug abuse is learning about the health risks and other problems that come with taking drugs. Although each drug of abuse brings its own risks, the more serious general health risks for drug abusers are infections and diseases, such as HIV/AIDS, hepatitis B and C, tuberculosis, sexually transmitted diseases, and other viral or bacterial infections. These risks can come from sharing equipment to inject drugs, or from having unprotected sex with someone infected. Many tribes have the expertise and resources to develop their own Tribal, Cultural, or Native prevention programs geared toward their community and culture. To be successful in preventing drug abuse, the whole tribe must be involved in learning and sharing accurate information, and in living the message.

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January

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February

"I never needed drugs in my life to be cool, fit in, have fun, or pollute my body."

—Brian Frejo, Pawnee Tribe/Seminole

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 African American History Month	2 Groundhog Day
3	4	5	6	7	8	9
10	11	12 Lincoln's Birthday	13 Ash Wednesday	14 Valentine's Day	15	16
17	18 President's Day	19	20	21	22	23
24	25	26	27	28		

Community of the Colusa Rancheria Caddo Indian Tribe of Oklahoma Cahuilla Band of Mission Indians of the Cahuilla Reservation Cahto Indian Tribe of the Laytonville Rancheria Campo Band of Diegueno Mission Indians of the Campo Indian Reservation Capitan Grande Band of Diegueno Mission Indians of California Barona Group of Capitan Grande Band of Mission Indians of the Barona Reservation Viejas (Baron Long) Group of Capitan Grande Band of Mission Indians of the Viejas Reservation Catawba Indian Nation (aka Catawba Tribe of South Carolina) Cayuga Nation of New York Cedarville Rancheria Chemehuevi Indian Tribe of the Chemehuevi Reservation Cher-Ae Heights Indian Community of the Trinidad Rancheria Cherokee Nation Cheyenne-Arapaho Tribes of Oklahoma Cheyenne River Sioux Tribe of the Cheyenne River Reservation Chickasaw Nation Chicken Ranch Rancheria of Me-Wuk Indians of California Chippewa-Cree Indians of the Rocky Boy's Reservation Chitimacha Tribe of Louisiana Choctaw Nation of Oklahoma Citizen Potawatomi Nation Cloverdale Rancheria of Pomo Indians of California Cocopah Tribe of Arizona Coeur D'Alene Tribe of the Coeur D'Alene Reservation Cold Springs Rancheria of Mono Indians of California Colorado River Indian Tribes of the Colorado River Indian Reservation, Arizona and California Comanche Indian Tribe Confederated Salish & Kootenai Tribes of the Flathead Reservation





Tipi Run, Rocky Boy's Celebration, Bear Paw Mountains, Montana. Photographer: ©Ken Blackbird

There's Air Out There

Inhalants are chemical vapors from common household solvents and aerosol sprays, such as glue, spray paint, ink, lighter fluid, gasoline, and cans of whipped cream. When inhaled deeply, some of these vapors can produce a sense of euphoria. Unfortunately, most can be extremely toxic. High doses of inhalants force the body and its organs to be starved of oxygen, creating erratic heartbeats and loss of breath similar to the experience of drowning. In the short-term, inhalants may cause heart palpitations, delirium, breathing difficulty, dizziness, and headaches. Long-term effects can include irreversible damage to the nervous system, irregular heart rhythms, muscle weakness, headaches, nausea, nosebleeds, decreased sense of smell, abnormal kidney and liver functions, incontinence, violent behavior, and dangerous chemical imbalances in the body. [Street names: bang, oz, whippets, locker room] ["Ocean" is the street name for the liquid contents of aerosol hairspray cans (180 proof alcohol) mixed with water]

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February

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March

"I respect my body, and I don't want to destroy it over something as meaningless as drugs."

—Kimberley George, Cherokee Nation Youth Council

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				National Women's History Month	1	2
3	4	5	6	7	8	9
10	11 Brain Awareness Week	12	13	14	15	16
17 National Inhalants and Poisons Awareness Week	18	19	20 Spring Equinox	21	22	23
24 Palm Sunday	25	26	27	28 Passover Begins	29 Good Friday	30
31 Easter						

Confederated Tribes of the Chehalis Reservation Confederated Tribes of the Colville Reservation Confederated Tribes of the Coos, Lower Umpqua and Siuslaw Indians of Oregon Confederated Tribes of the Goshute Reservation Confederated Tribes of the Grand Ronde Community of Oregon Confederated Tribes of the Siletz Reservation Confederated Tribes of the Umatilla Reservation Confederated Tribes of the Warm Springs Reservation of Oregon Confederated Tribes and Bands of the Yakama Indian Nation of the Yakama Reservation Coquille Tribe of Oregon Cortina Indian Rancheria of Wintun Indians of California Coushatta Tribe of Louisiana Cow Creek Band of Umpqua Indians of Oregon Coyote Valley Band of Pomo Indians of California Crow Tribe of Montana Crow Creek Sioux Tribe of the Crow Creek Reservation Cuyapaipe Community of Diegueno Mission Indians of the Cuyapaipe Reservation Death Valley Timbi-Sha Shoshone Band of California Delaware Nation, Oklahoma (formerly Delaware Tribe of Western Oklahoma) Delaware Tribe of Indians Dry Creek Rancheria of Pomo Indians of California Duckwater Shoshone Tribe of the Duckwater Reservation Eastern Band of Cherokee Indians of North Carolina Eastern Shawnee Tribe of Oklahoma Elem Indian Colony of Pomo Indians of the Sulphur Bank Rancheria Elk Valley Rancheria Ely Shoshone Tribe of Nevada Enterprise Rancheria of Maidu Indians of California Flandreau Santee





Navajo girls dancing beside hogan. Photographer: ©Branson Reynolds

Sometimes Sacred

Nicotine is an addictive substance found in products made from tobacco leaves, such as cigarettes and cigars. It is absorbed through the skin and lining of the mouth and nose, or by inhaling into the lungs. The body's immediate reaction is an adrenaline surge, which suddenly releases glucose as it increases blood pressure, respiration, and heart rate. Nicotine also may have a calming effect, depending on a person's nervous system and the dosage. Frequent use, as in repeated cigarette use, greatly increases the chances of becoming addicted. In the case of cigarettes, toxins in the smoke greatly increase a person's chances of getting heart disease and lung ailments such as cancer, chronic bronchitis, and emphysema. "Tobacco" used for sacred purposes in traditional American Indian prayer and healing may be tobacco leaf or may be tree bark. When it is tobacco leaf, it contains nicotine.

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April

"Our Great Creator gave us herbs and grasses to use for traditional ceremonies. Don't use them in a bad way."

-Dwayne Lopez, Tohono O'ham

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Alcohol Awareness Month	2	3	4	5	6
7 Daylight Saving Time Begins	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22 Earth Day	23	24	25	26	27
28	29	30				

Sioux Tribe of South Dakota Forest County Potawatomi Community of Wisconsin Potawatomi Indians Fort Belknap Indian Community of the Fort Belknap Reservation of Montana Fort Bidwell Indian Community of the Fort Bidwell Reservation of California Fort Independence Indian Community of Paiute Indians of the Fort Independence Reservation Fort McDermitt Paiute and Shoshone Tribes of the Fort McDermitt Indian Reservation Fort McDowell Mohave-Apache Community of the Fort McDowell Indian Reservation Fort Mojave Indian Tribe of Arizona Fort Sill Apache Tribe of Oklahoma Gila River Indian Community of the Gila River Indian Reservation Grand Traverse Band of Ottawa & Chippewa Indians of Michigan Greenville Rancheria of Maidu Indians of California Grindstone Indian Rancheria of Wintun-Wailaki Indians of California Guidiville Rancheria of California Hannahville Indian Community of Wisconsin Potawatomi Indians of Michigan Havasupai Tribe of the Havasupai Reservation Ho-Chunk Nation of Wisconsin (formerly known as the Wisconsin Winnebago Tribe) Hoh Indian Tribe of the Hoh Indian Reservation Hoopa Valley Tribe Hopi Tribe of Arizona Hopland Band of Pomo Indians of the Hopland Rancheria Houlton Band of Maliseet Indians of Maine Hualapai Indian Tribe of the Hualapai Indian Reservation Huron Potawatomi, Inc. Inaja Band of Diegueno Mission Indians of the Inaja and Cosmit Reservation Lone Band of





Inupiaq Eskimo Woman.

Learn, Remember, Thrive

The part of the brain that controls learning and memory can be affected by marijuana. The active ingredient in marijuana is THC (delta-9-tetrahydrocannabinol). When marijuana is used, THC is absorbed into the body and acts upon certain nerve cells. In the short term, marijuana use may result in a sense of well-being. Frequent marijuana use, however, may lead to memory loss and learning disabilities, distorted perception, difficulty in thinking and problem solving, loss of coordination, increased heart rate, and anxiety and panic attacks. Some findings suggest that regular marijuana use, particularly smoking, also may play a significant part in the onset of cancer. [Street names: weed, ace, hay, grifa, black mo, tea]

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April

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May

"The way smoking weed made me feel was dumb, slow. I had a bad feeling of not knowing what I was saying."

-Mia C., Laguna Pueblo

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Asian/Pacific American Heritage Month Hepatitis Awareness Month	2	3	4
5	6	7	8	9	10	11
12 Mother's Day	13	14	15	16	17	18 Armed Forces Day
19	20	21	22	23	24	25
26	27 Memorial Day	28	29	30	31	

Miwok Indians of California Iowa Tribe of Kansas and Nebraska Iowa Tribe of Oklahoma Jackson Rancheria of Me-Wuk Indians of California Jamestown S'Klallam Tribe of Washington Jamul Indian Village of California Jena Band of Choctaw Indians Jicarilla Apache Tribe of the Jicarilla Apache Indian Reservation Kaibab Band of Paiute Indians of the Kaibab Indian Reservation Kalispel Indian Community of the Kalispel Reservation Karuk Tribe of California Kashia Band of Pomo Indians of the Stewarts Point Rancheria Kaw Nation Keweenaw Bay Indian Community of L'Anse and Ontonagon Bands of Chippewa Indians of the L'Anse Reservation Kialegee Tribal Town Kickapoo Tribe of Indians of the Kickapoo Reservation in Kansas Kickapoo Tribe of Oklahoma Kickapoo Traditional Tribe of Texas Kiowa Indian Tribe of Oklahoma Klamath Indian Tribe of Oregon Kootenai Tribe of Idaho La Jolla Band of Luiseno Mission Indians of the La Jolla Reservation La Posta Band of Diegueno Mission Indians of the La Posta Indian Reservation Lac Courte Oreilles Band of Lake Superior Chippewa Indians of the Lac Courte Oreilles Reservation of Wisconsin Lac du Flambeau Band of Lake Superior Chippewa Indians of the Lac du Flambeau Reservation of Wisconsin Lac Vieux Desert Band of Lake Superior Chippewa Indians of Michigan Las Vegas Tribe of Paiute Indians of the Las Vegas Indian Colony Little River Band of Ottawa Indians of Michigan Little Traverse Bay





Navajo girls. Photographer: Scott T. Baxter

Cultural Armor

Processed from the morphine found in certain types of poppy plants, heroin is either injected or inhaled. In the brain, the drug actually is converted to morphine. Initially, heroin abusers typically report feeling an intense surge of pleasure, which depends on how much heroin is taken and how quickly it enters the brain. The rush, however, is usually accompanied by dryness in the mouth, and heaviness in the legs and arms, slowed breathing, confusion, and no awareness of pain. Heroin abusers and addicts who inject the drug are at very high risk for bacterial infections and becoming infected with viruses such as HIV and hepatitis C, and also for developing collapsed veins, abscesses, infected heart lining and valves, arthritis, and rheumatoid problems. [Street names: bomb, parachute, smack]

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May

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June

*"Sobriety is important to my life and family.
It is our family tradition."*

-Alicia Black, Saginaw Chippewa Indian Tribe

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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2	3	4	5	6	7	8
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16 Father's Day	17	18	19	20	21 Summer Solstice	22
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Bands of Odawa Indians of Michigan Los Coyotes Band of Cahuilla Mission Indians of the Los Coyotes Reservation Lovelock Paiute Tribe of the Lovelock Indian Colony Lower Brule Sioux Tribe of the Lower Brule Reservation Lower Elwha Tribal Community of the Lower Elwha Reservation Lower Sioux Indian Community of Minnesota Mdewakanton Sioux Indians of the Lower Sioux Reservation in Minnesota Lummi Tribe of the Lummi Reservation Lytton Rancheria of California Makah Indian Tribe of the Makah Indian Reservation Manchester Band of Pomo Indians of the Manchester-Point Arena Rancheria Manzanita Band of Diegueno Mission Indians of the Manzanita Reservation Mashantucket Pequot Tribe of Connecticut Match-e-be-nash-she-wish Band of Pottawatomi Indians of Michigan Mechoopda Indian Tribe of Chico Rancheria Menominee Indian Tribe of Wisconsin Mesa Grande Band of Diegueno Mission Indians of the Mesa Grande Reservation Mescalero Apache Tribe of the Mescalero Reservation Miami Tribe of Oklahoma Miccosukee Tribe of Indians of Florida Middletown Rancheria of Pomo Indians of California Minnesota Chippewa Tribe (Six component reservations: Bois Forte Band (Nett Lake); Fond du Lac Band; Grand Portage Band; Leech Lake Band; Mille Lacs Band; White Earth Band) Mississippi Band of Choctaw Indians Moapa Band of Paiute Indians of the Moapa River Indian Reservation Modoc Tribe of Oklahoma Mohegan





Feathers at a South Dakota Pow Wow.

Pow Wow Spirit

Methamphetamine is a very toxic stimulant that affects the central nervous system. It is usually a white, odorless, crystalline powder that can be dissolved in liquid and injected, snorted, or swallowed, and also comes in a crystalline chunk form ("ice") that is smoked. Methamphetamine stimulates the release of high levels of dopamine, a chemical in the brain that affects mood and body movement. Abusers of this drug typically appear agitated, and sometimes become aggressive and violent. The drug may cause memory loss, heart and brain damage, confusion, insomnia, nausea, and vomiting. Users also are at risk of increased body temperature and convulsions, which can be fatal. Long-term effects can include paranoia, hallucinations, mood disturbances, weight loss, and damage to blood vessels in the brain, which can lead to strokes. [Street names: chalk, crank, crypto, lemon drop]

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June

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July

"To take anything that takes control of your thinking, your mood, your mind — that is very wrong and will eventually bring ruin to your life."

—Bill Dunlap, Elder, Little Traverse Bay of Odawa Indians

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4 Independence Day	5	6
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Indian Tribe of Connecticut Mooretown Rancheria of Maidu Indians of California Morongo Band of Cahuilla Mission Indians of the Morongo Reservation Muckleshoot Indian Tribe of the Muckleshoot Reservation Muscogee (Creek) Nation Narragansett Indian Tribe of Rhode Island Navajo Nation Nez Perce Tribe of Idaho Nisqually Indian Tribe of the Nisqually Reservation Nooksack Indian Tribe of Washington Northern Cheyenne Tribe of the Northern Cheyenne Indian Reservation Northfork Rancheria of Mono Indians of California Northwestern Band of Shoshoni Nation of Utah (Washakie) Oglala Sioux Tribe of the Pine Ridge Reservation Omaha Tribe of Nebraska Oneida Nation of New York Oneida Tribe of Wisconsin Onondaga Nation of New York Osage Tribe Ottawa Tribe of Oklahoma Otoe-Missouria Tribe of Indians Paiute Indian Tribe of Utah Paiute-Shoshone Indians of the Bishop Community of the Bishop Colony Paiute-Shoshone Tribe of the Fallon Reservation and Colony Paiute-Shoshone Indians of the Lone Pine Community of the Lone Pine Reservation Pala Band of Luiseno Mission Indians of the Pala Reservation Pascua Yaqui Tribe of Arizona Paskenta Band of Nomlaki Indians of California Passamaquoddy Tribe of Maine Pauma Band of Luiseno Mission Indians of the Pauma & Yuima Reservation Pawnee Nation of Oklahoma Pechanga Band of Luiseno Mission Indians of the Pechanga Reservation Penobscot Tribe of





Taos. Photographer: ©Jeffrey J. Foxx

Live Long

Cocaine is a strong and dangerous stimulant. It affects the brain by causing a buildup of the chemical dopamine, which on initial use can result in a feeling of intense pleasure ("rush"). Derived from the coca plant, cocaine has two chemical forms—a water soluble powder that can be sniffed or injected, and a freebase form ("crack") that has been processed into crystalline chunks that are heated and then smoked. Use of either form can result in chaotic heart rhythm and heart attacks, strokes and seizures, muscle twitches, and abdominal pain and nausea. Because of the risks of erratic heartbeat and stroke, cocaine use can be fatal, even the first time. [Street names, cocaine: coke, c, snow] [Street names, crack: brick, candy, hail, kryptonite]

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July

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September

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August

"I don't do or need drugs because I RESPECT myself!"

—Angela (Sandoval) Wall, Cherokee Nation

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Maine Peoria Tribe of Indians of Oklahoma Picayune Rancheria of Chukchansi Indians of California Pinoleville Rancheria of Pomo Indians of California Pit River Tribe (includes Big Bend, Lookout, Montgomery Creek & Roaring Creek Rancherias & XL Ranch) Poarch Band of Creek Indians of Alabama Pokagon Band of Potawatomi Indians of Michigan Ponca Tribe of Indians of Oklahoma Ponca Tribe of Nebraska Port Gamble Indian Community of the Port Gamble Reservation Potter Valley Rancheria of Pomo Indians of California Prairie Band of Potawatomi Indians Prairie Island Indian Community of Minnesota Mdewakanton Sioux Indians of the Prairie Island Reservation Pueblo of Acoma Pueblo of Cochiti Pueblo of Jemez Pueblo of Isleta Pueblo of Laguna Pueblo of Nambe Pueblo of Picuris Pueblo of Pojoaque Pueblo of San Felipe Pueblo of San Juan Pueblo of San Ildefonso Pueblo of Sandia Pueblo of Santa Ana Pueblo of Santa Clara Pueblo of Santo Domingo Pueblo of Taos Pueblo of Tesuque Pueblo of Zia Puyallup Tribe of the Puyallup Reservation Pyramid Lake Paiute Tribe of the Pyramid Lake Reservation Quapaw Tribe of Indians Quartz Valley Indian Community of the Quartz Valley Reservation of California Quechan Tribe of the Fort Yuma Indian Reservation Quileute Tribe of the Quileute Reservation Quinault Tribe of the Quinault Reservation Ramona Band or Village of Cahuilla Mission Indians of California Red Cliff Band of Lake





Corn Dance, Santa Clara Pueblo, New Mexico. Photographer: ©Branson Reynolds

Standing Tall

Anabolic-androgenic steroids are man-made substances related to male sex hormones. "Anabolic" refers to muscle-building, and "androgenic" refers to increased male characteristics. "Steroids" refers to the class of drugs. Athletes and others might abuse anabolic steroids to enhance performance and also to improve physical appearance. But there can be major side effects, including liver or kidney tumors, jaundice (yellowish skin, tissues, and body fluids), fluid retention, high blood pressure, increases in bad cholesterol and decreases in good cholesterol, severe acne, and trembling. In addition, men abusing anabolic steroids can experience shrinking of the testicles, infertility, baldness, development of breasts, and an increased risk for prostate cancer. Women can experience growth of facial hair, male-pattern baldness, menstrual cycle changes, and a deepened voice. Teens who use anabolic steroids risk premature skeletal maturation and accelerated puberty changes—in other words, they risk remaining short the remainder of their lives if they take anabolic steroids before the typical adolescent growth spurt.

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August

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October

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September

"It was . . . a decision between me and my brother to get clean. Life is a lot clearer."

—Patrick D., Cherokee Nation

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 National Alcohol & Drug Addiction Recovery Month	2 Labor Day	3	4	5	6	7 Rosh Hashanah Begins
8	9	10	11	12	13	14
15	16 Yom Kippur	17	18	19	20	21
22	23 Autumnal Equinox	24	25	26	27	28 Native American Day
29	30					

Superior Chippewa Indians of Wisconsin Red Lake Band of Chippewa Indians of the Red Lake Reservation Redding Rancheria Redwood Valley Rancheria of Pomo Indians of California Reno-Sparks Indian Colony Resighini Rancheria (formerly known as the Coast Indian Community of Yurok Indians of the Resighini Rancheria) Rincon Band of Luiseno Mission Indians of the Rincon Reservation Robinson Rancheria of Pomo Indians of California Rosebud Sioux Tribe of the Rosebud Indian Reservation Round Valley Indian Tribes of the Round Valley Reservation (formerly known as the Covelo Indian Community) Rumsey Indian Rancheria of Wintun Indians of California Sac & Fox Tribe of the Mississippi in Iowa Sac & Fox Nation of Missouri in Kansas and Nebraska Sac & Fox Nation, Oklahoma Saginaw Chippewa Indian Tribe of Michigan, Isabella Reservation Salt River Pima-Maricopa Indian Community of the Salt River Reservation Samish Indian Tribe San Carlos Apache Tribe of the San Carlos Reservation San Juan Southern Paiute Tribe of Arizona San Manuel Band of Serrano Mission Indians of the San Manuel Reservation San Pasqual Band of Diegueno Mission Indians of California Santa Rosa Indian Community of the Santa Rosa Rancheria Santa Rosa Band of Cahuilla Mission Indians of the Santa Rosa Reservation Santa Ynez Band of Chumash Mission Indians of the Santa Ynez Reservation Santa Ysabel Band of Diegueno Mission Indians of





Woman and child drying salmon. Photographer: D. Falconer

Lean on Me

Prescription drugs relieve pain for millions of people, make complex surgery possible, and enable many people with chronic medical conditions to control their symptoms and lead good lives. Addiction rarely occurs among people who use controlled, prescription drugs as directed. But, for some, the inappropriate, nonmedical use of prescription opioids (mainly used for pain management), central nervous system (CNS) depressants, and stimulants can lead to addiction. Patients, healthcare professionals, and pharmacists all have roles in preventing misuse and addiction. For example, a patient should follow the directions for use of any prescribed medication carefully, and also learn what effects the drug could have and potential interactions with other drugs by reading all information provided by the pharmacist. Physicians and other health care providers should screen for any type of substance abuse during routine history-taking with questions about what prescriptions and over-the-counter medicines the patient is taking and why.

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September

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November

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October

"I want to make my mom proud—also my family and my tribe."

—Mat Pendleton, Lower Sioux Community

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 National AIDS Awareness Month Talk About Prescriptions Month	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27 Daylight Saving Time Ends	28	29	30	31 Halloween		

the Santa Ysabel Reservation Santee Sioux Tribe of the Santee Reservation of Nebraska Sauk-Suiattle Indian Tribe of Washington Sault Ste. Marie Tribe of Chippewa Indians of Michigan Scotts Valley Band of Pomo Indians of California Seminole Nation of Oklahoma Seminole Tribe of Florida, Dania, Big Cypress, Brighton, Hollywood & Tampa Reservations Seneca Nation of New York Seneca-Cayuga Tribe of Oklahoma Shakopee Mdewakanton Sioux Community of Minnesota (Prior Lake) Sheep Ranch Rancheria of Me-Wuk Indians of California Sherwood Valley Rancheria of Pomo Indians of California Shingle Springs Band of Miwok Indians, Shingle Springs Rancheria (Verona Tract) Shoalwater Bay Tribe of the Shoalwater Bay Indian Reservation Shoshone Tribe of the Wind River Reservation Shoshone-Bannock Tribes of the Fort Hall Reservation of Idaho Shoshone-Paiute Tribes of the Duck Valley Reservation Sisseton-Wahpeton Sioux Tribe of the Lake Traverse Reservation Skokomish Indian Tribe of the Skokomish Reservation Skull Valley Band of Goshute Indians of Utah Smith River Rancheria Snoqualmie Tribe Soboba Band of Luiseno Mission Indians of the Soboba Reservation Sokaogon Chippewa Community of the Mole Lake Band of Chippewa Indians Southern Ute Indian Tribe of the Southern Ute Reservation Spirit Lake Tribe (formerly known as the Devils Lake Sioux Tribe) Spokane Tribe of the Spokane Reservation Squaxin Island Tribe





At the Navajo Nation Fair. Photographer: ©Jeffrey J. Foxx

Never Forget

"Club drugs" are often used at night clubs and all-night dances, but their use has spread to many other social settings. Current science is showing changes to critical parts of the brain from use of these drugs. The best known club drug is Ecstasy or MDMA (street names: X, Adam, E, clarity). MDMA has stimulant and mild hallucinogenic effects, and can dramatically increase heart rate and blood pressure. MDMA also can alter the body's ability to regulate internal temperature, and this can lead to hyperthermia. Chronic use or high doses can cause memory loss, muscle breakdown, and kidney and cardiovascular system failure. GHB, Rohypnol, and ketamine are mainly central nervous system depressants. Because they are often colorless, tasteless, and odorless, they can be added to drinks and taken unknowingly. In low doses, GHB (street names: scoop, G, liquid Ecstasy, Georgia home boy, soap, easy lay) can relieve anxiety, but overdoses can result in vomiting, loss of reflexes, breathing difficulty, or coma. GHB is also abused for the purpose of increasing muscle mass. Withdrawal effects can include insomnia, anxiety, tremors, and sweating. Rohypnol (street names: rophies, roofies, forget me) decreases blood pressure; causes drowsiness, dizziness, and confusion; and can produce "anterograde amnesia," which means individuals may not remember events they experienced while under its effects. Also, it may be lethal when mixed with alcohol and/or other depressants. Ketamine (street names: special K, vitamin K) is a prescription anesthetic used mainly in veterinary practice. Certain doses of ketamine can cause dream-like states and hallucinations. At high doses, ketamine can cause delirium, amnesia, impaired motor function, high blood pressure, depression, and potentially fatal respiratory problems.

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October

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December

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November

"Warriors don't use drugs, fools use drugs... I am a warrior, not a fool."

—Jerred Andrew Stubben (Ahgaha Ahido), Chippewa-Ponca

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 American Indian and Alaska Native Heritage Month	2
3	4	5 Election Day	6	7	8	9
10	11 Veteran's Day	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28 Thanksgiving	29	30 Hanukkah Begins

of the Squaxin Island Reservation St. Croix Chippewa Indians of Wisconsin St. Regis Band of Mohawk Indians of New York Standing Rock Sioux Tribe of North & South Dakota Stockbridge-Munsee Community of Mohican Indians of Wisconsin Stillaguamish Tribe of Washington Summit Lake Paiute Tribe of Nevada Suquamish Indian Tribe of the Port Madison Reservation Susanville Indian Rancheria Swinomish Indians of the Swinomish Reservation Sycuan Band of Diegueno Mission Indians of California Table Bluff Reservation - Wiyot Tribe Table Mountain Rancheria of California Te-Moak Tribes of Western Shoshone Indians of Nevada (Four constituent bands: Battle Mountain Band; Elko Band; South Fork Band and Wells Band) Thlopthlocco Tribal Town Three Affiliated Tribes of the Fort Berthold Reservation Tohono O'odham Nation of Arizona Tonawanda Band of Seneca Indians of New York Tonkawa Tribe of Indians of Oklahoma Tonto Apache Tribe of Arizona Torres-Martinez Band of Cahuilla Mission Indians of California Tule River Indian Tribe of the Tule River Reservation Tulalip Tribes of the Tulalip Reservation Tunica-Biloxi Indian Tribe of Louisiana Tuolumne Band of Me-Wuk Indians of the Tuolumne Rancheria of California Turtle Mountain Band of Chippewa Indians of North Dakota Tuscarora Nation of New York Twenty-Nine Palms Band of Luiseno Mission Indians of California United Auburn Indian Community of the Auburn





Quiet time. Photographer: Scott T. Baxter

Healing Wind

Healing from drug addiction can be a lifelong journey. People in treatment for drug addiction learn to break a big task into manageable pieces—to control their condition so they can lead normal and productive lives. The ultimate goal of treatment is to help people stay off drugs for life. But the immediate goals are to reduce drug use, help people function normally, and help them prepare for a life without drugs. Medical detoxification, allowing the body to rid itself of drugs while managing withdrawal, may be needed to begin treatment, but by itself is not treatment. Treatment is usually through counseling, but medications can also be used to help stabilize a person and reduce cravings. No single treatment works best for everyone, but treatment programs that incorporate Native values and practices—such as respect, prayer, discipline, patience—provide greater opportunities for Indians and Alaska Natives to maintain drug-free lives.

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November

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December

"Being alcohol and drug-free has given me my spirit back."

—Loretta Castenada, Saginaw Chippewa Indian Tribe

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21 Winter Solstice
22	23	24	25 Christmas Day	26	27	28
29	30	31				

Rancheria of California United Keetoowah Band of Cherokee Indians of Oklahoma Upper Lake Band of Pomo Indians of Upper Lake Rancheria of California Upper Sioux Indian Community of the Upper Sioux Reservation Upper Skagit Indian Tribe of Washington Ute Indian Tribe of the Uintah & Ouray Reservation Ute Mountain Tribe of the Ute Mountain Reservation, Colorado Utu Utu Gwaitu Paiute Tribe of the Benton Paiute Reservation Walker River Paiute Tribe of the Walker River Reservation Wampanoag Tribe of Gay Head (Aquinnah) of Massachusetts Washoe Tribe of Nevada & California (Carson Colony, Dresslerville Colony, Woodfords Community, Stewart Community, & Washoe Ranches) White Mountain Apache Tribe of the Fort Apache Reservation Wichita and Affiliated Tribes (Wichita, Keechi, Waco & Tawakonie) Winnebago Tribe of Nebraska Winnemucca Indian Colony of Nevada Wyandotte Tribe of Oklahoma Yankton Sioux Tribe of South Dakota Yavapai-Apache Nation of the Camp Verde Indian Reservation Yavapai-Prescott Tribe of the Yavapai Reservation Yerington Paiute Tribe of the Yerington Colony & Campbell Ranch Yomba Shoshone Tribe of the Yomba Reservation Ysleta Del Sur Pueblo of Texas Yurok Tribe of the Yurok Reservation Zuni Tribe of the Zuni Reservation

